

# Pork Chili with Acorn Squash and Dried C4000herries

## Branch Area Career Center



### Ingredients

1 Tbsp. olive oil  
1 lbs. pork tenderloin- cut into 1-inch cubes  
1 sweet onion-diced  
1 acorn squash- peeled, seeded and diced  
3 cloves garlic- minced  
4 poblano peppers- roasted, peeled, seeded and diced  
½ tsp. ground cumin  
2 tsp. hot chili powder or more  
1 tsp. sweet smoked paprika  
1 cup dried cherries  
2 cups low sodium chicken stock  
½ Tbsp. fresh oregano or 1 tsp. dried.  
Salt and pepper to taste.

### Directions

Recipe can be cooked in a 300-degree oven for about an hour or in a crock pot on low for 6 to 8 hours.

Heat a Dutch oven (or large heavy pot) over medium high heat, add the olive oil and then the cubed pork to brown. Once the pork is browned add onion, squash, garlic and poblano. Cook for 3 minutes, stirring often. Add cumin, chili powder and paprika and cook 2 more minutes then add cherries. Add chicken stock and oregano if using dried. Place in oven or crock pot. Finish with fresh oregano. Salt and pepper to taste.

### Nutritional Information

Servings 8

|                      |       |
|----------------------|-------|
| Calories per serving | 251   |
| Total Fat            | 7g    |
| Saturated Fat        | 2g    |
| Cholesterol          | 57g   |
| Sodium               | 666mg |
| Total Carbohydrates  | 25g   |
| Dietary Fiber        | 2g    |
| Protein              | 22g   |